

Trauma Informed Classrooms



A full day workshop that assists school personnel in becoming trauma informed. The workshop will cover the following topics:

- Overview of trauma
- How trauma impacts the brain
- Understanding student behaviour through the trauma lens
- Understanding what trauma looks like in the school setting
- Understanding how trauma impacts student learning
- Practical strategies for supporting children and youth with trauma histories in the school setting

The workshops will include a combination of lecture, video and experiential modes of delivery. Participant self-care will be emphasized given the intensity of the topic.

About the Presenters

Sara Tarrant, B.Ed., M.A., C.P.T., C.C.C.

Sara has sixteen years experience working in schools, and a Masters in Counselling Psychology. She is a Certified Canadian Counsellor and a Certified Child and Play Therapist. She currently has a private practise where she specializes in treating children with anxiety, depression, trauma and attachment issues.

Megan Land McCarthy, B.Sc. OT, Registered OT (MB), SEP

Megan has been practicing as an Occupational Therapist for the last 11 years, specializing in pediatrics. She obtained her B.Sc. OT, from Dalhousie University and a postgraduate certificate in Behavioral Intervention in Autism from University of Massachusetts. She is currently completing her Masters in Rehabilitation Sciences at the University of Manitoba. Her work with her clients has allowed her to explore pediatric OT in both mental and physical health capacities and in a variety of environments.

The content of the workshop will draw from the presenters' combined experience, training and education, including the current research in the field of trauma. This workshop is for all school personnel, including teachers, administrators, educational assistants, school counsellors and school clinicians.

Please contact Sara at sara@growingrootstherapy.ca or 204-333-9804 for more information or to book a workshop.